

## **Remaining in the home ... or why a little planning can save a lot of headaches when unexpected events happen.**

Whether the unexpected is a storm warning or flooding, a blizzard, an influenza outbreak, even civil unrest that keeps you off the road, preparing to remain in the home need not be a difficult task. The Centers for Disease Control and Prevention (CDC) suggests that you keep on hand food and water for up to 2 weeks along with easily overlooked household supplies. The following are excerpted and edited from the CDC website [www.Pandemicflu.gov](http://www.Pandemicflu.gov)

Things to put aside prior to an emergency could include :

**Food and Water:** store a two week supply of water and food. During an emergency, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. Ready-to-eat food supplies include canned meats, fish, fruits, vegetables, beans, and soups, peanut butter, granola or dry cereal, peanut butter, dried fruit, crackers, canned juices, bottled water, canned or jarred baby food and formula. Don't forget pet food if applicable.

**Medicine and monitoring supplies:** keep nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, vitamins, thermometer, and specialty devices such as a blood pressure cuff and glucose monitoring equipment. Make sure that your prescription medications are re-ordered in a timely fashion and "on hand" for an emergency.

**Household items:** don't forget a first aid kit, soap, waterless hand cleaner, flashlights and batteries (consider a crank-up flashlight), portable radio, candles and matches or a lighter, manual can opener, bottle opener, trash bags and toilet paper. Remember to purchase extra cell-phone scratch-off cards if necessary.

**Take the time:** to sit down with your family members to talk about what to do in case of emergencies, review your supply list and make sure that don't overlook a possible "favorite item". Take the opportunity to write down emergency numbers and contacts as well as any special information such as allergies and medications for each family member.

For more information, visit [www.pandemicflu.gov](http://www.pandemicflu.gov) There are a number of checklists available on the website for use at work and at home.

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